



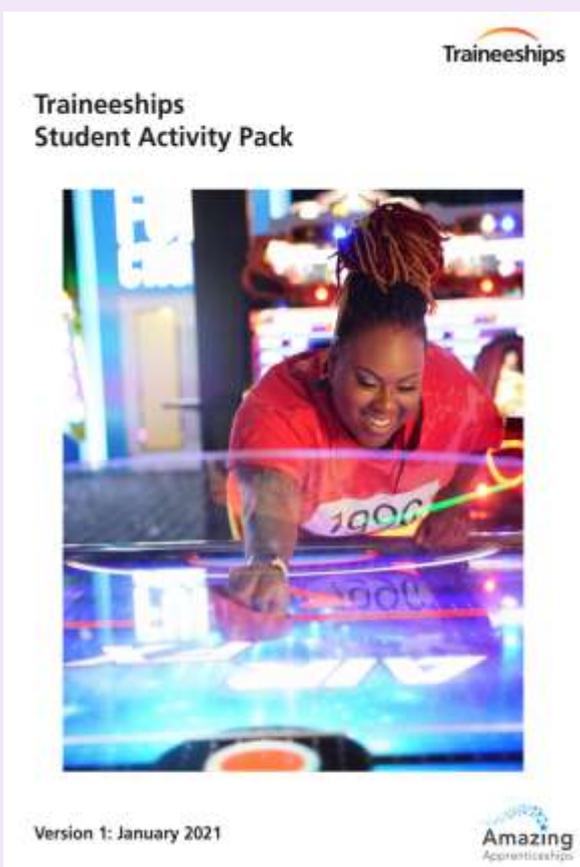
The Disability Rights UK newsletter co-edited with and for young people

Stay informed with news and information on your journey through education, training and work

Thinking about doing a traineeship?



Learn all about traineeships in the engaging new student activity pack!



Traineeships are a fantastic option for young people aged 16-24 (or 25 with an Education Health and Care Plan).

There are 3 main elements to a traineeship:

1. Work experience placement
2. Work preparation training
3. English, Maths and digital training support (if you need it)

This booklet is designed to help you to explore and consider traineeships as one of your options for your next step when you leave school or college, or if you are seeking employment.

Download the **Traineeship Student Activity Pack** and have a go at the different activities!

Do the online **quiz!**

Traineeship opportunities can be found on the **Find a Traineeship Website.**

National Apprenticeship Week 2021!



Monday 8th to Sunday 14th February

National Apprenticeship Week is an annual week-long celebration of apprenticeships across England and is a time to recognise and applaud apprenticeship success stories across the country.

The theme for National Apprenticeship Week 2021 is “Build the Future” as we encourage everyone to consider how apprenticeships can help individuals to develop the skills and knowledge required for a rewarding career, and employers to build a workforce with future ready skills.

A toolkit is available now to support the apprenticeship community with planning their activity for National Apprenticeship Week 2021.

Download the [toolkit from GOV.UK](#).

National Careers Service

We provide information, advice and guidance to help you make decisions on learning, training and work.

[National Careers Service](#)

£135m boost to support T Level students to succeed

A multi-million pound fund was launched on January 13th 2021 aimed at making sure young people studying pioneering new T Level qualifications from 2022 have access to world class facilities and equipment.

The new technical qualifications - equivalent to three A Levels - combine classroom study with industry placements so that students gain the skills and experience they need to progress into work, further study or an apprenticeship.

‘No one size fits all’ and different models and approaches need to be adopted to make placements work successfully across different industries and circumstances, including the use of on-site facilities being allowable for students with special educational needs and disabilities. A full list of all allowable models and approaches can be found [here](#).

Find out more about T- Levels [here](#).

Disability Unit Survey

The Disability Unit at the Cabinet Office is developing a National Strategy for Disabled People. To help the government with understanding the barriers that disabled people face and what it may need to focus upon to improve the lives of disabled people, we need to hear about your views and know more about your experiences. The survey will be open until 23 April 2021. Responses received before 13 February 2021 will inform the development of the National Strategy, while those received after this date used to inform its delivery. Go to the survey [here](#).

Amazing Apprenticeships

The [Amazing Apprenticeship](#) website is packed with information, resources and activities- check it out!



NAW2021 resources launched!

Last week we launched a collection of free NAW2021 resources for teachers and careers advisers. The resources are suitable for remote learning and contain engaging and easily digestible info on apprenticeships, traineeships and other vocational pathways. Download as a [bundle](#) or [individually](#).

Useful SEND information

We've been including guidance in recent Parents & Carers Packs on how to support children with additional needs when it comes to apprenticeships. Check out [December's edition](#) for more info on job coach support and identifying strengths when applying for post-16 options

January Parents' & Carers' Pack

In the [January issue](#) we look at getting ready for NAW2021, a plan for finding an apprenticeship in 2021, new Traineeship resources, a guide to Higher and Degree apprenticeships, Life as a new apprentice at the BBC and more! Please help us to share widely through parentmail channels.

Virtual Careers Fair

The National Careers Service will host the [New Year New Career Virtual Careers Fair](#), taking place from 27-29 January. People can visit a wide range of organisations and can get advice and support to manage careers and how to take first steps towards them.

AoC Sport Inclusion Pledge Campaign for colleges

To celebrate International Day for Disabled People on 3 December, the Association of Colleges are challenging colleges to pledge to do something to make their college more inclusive for disabled students.

The pledge can be as big or as small as you would like it to be. Examples include:

- Ensuring accessible parking bays are available
- Ensuring all marketing and communications are accessible
- Co-ordinating an Inclusive Activity Programme course for staff and/or students
- To talk to disabled students about what sports and activities they would like to try
- Ensuring all extra-curricular activities are inclusive for disabled students
- Entering a team into the AoC Sport regional Boccia qualifiers.



“Vecteezy.com”

To make a pledge, please submit your pledge [here](#)

<https://www.aocsport.co.uk/coronavirus-resource-hub/>

Online work experience opportunities at the Financial Times!



This year the Financial Times will partner with Disability Rights UK to offer 10 online work experience placements. One week for 5 young people aged 16 - 18; and one week for 5 young people aged 18 - 25.

These will not be journalist placements. This is about the business of news! So all the areas that go to support the FT delivering our news to a global audience.

To apply for one of these placements you need to answer the following question: "Why do you want to take part in the FT Work Experience Programme?"

Please include your name and age and send your answer to jacqui.dobson@ft.com

International Day of Persons with Disability

Roxanne Steel

3rd December was International Day of Persons with Disability (IDPD) and this year was certainly not forgotten with over 10.5 million using the hashtag #internationaldayofpersonswithdisability to share their thoughts on social media.

Some gave a glimpse of a disabled life.

Many suggested we need a better name for the day itself (which I have to agree with).

This year the UN's theme was to 'Build Back Better' to make a post- Covid-19 world accessible, Disability inclusive and sustainable which is a very encouraging move towards a world we can all live in equally.

I think this year we definitely had 'a' conversation, but we need to start seeing action from those that Support us as a community, and in positions of power to make this happen.

This day needs to create more than just a hashtag but momentum for the next 364 days and beyond.

Next 3rd December it would be great to see the story of how we 'built back Better'.

Though that's just my opinion what do you think? What would you name the day? How did YOU celebrate Disability that day? How do we truly 'Build Back Better'?

Get in touch and let us know! getahead@disabilityrightsuk.org

Green Corridor Virtual Open Day

When: **11th of February 2021**

We have improved this since our last one and have now added in one-to-one virtual tours throughout the day as well as a late afternoon Zoom call with our Head of Education, EHCP & Transitions Coordinator and our Careers Advisor.

[Virtual Open Day 2021](#)

[Green Corridor Prospectus](#)

Summer Almond

The current COVID-19 pandemic is scary and has heightened my anxiety. The constant news coverage and information has left me feeling quite anxious and stressed. So much so, that I have started limiting myself to watching the news just once a day. It is not surprising that I am feeling vulnerable and overwhelmed by the news, the government is telling us to stay at home and only go outside for food, health reasons or essential work, to wash our hands regularly, to wear a mask and to stay 2 metres away from other people, which has left me feeling even more isolated and lonely than usual.

Feeling lonely and excluded is something I have gotten used to over the years. I went to a mainstream school and for much of the time I was there, I found it very difficult to make friends and feel included. Whilst mainstream school had a positive impact on my education, I was the only wheelchair user in the entire school and therefore often felt I had little in common with the other able-bodied students. It was obvious many of the other students had their established social group and made very little effort to include me.

Had I been more confident maybe I could have pushed to be included more, but when you have a disability you often have low self-esteem and its quite difficult to put yourself out there, especially when you feel you might be rejected or ignored.

Since COVID-19, I think more people will be able to empathise with how I might have been feeling at school. Loneliness is affecting so many people as they have been unable to meet up with their friends and family; their social lives have been put on hold and many have had to find new ways of staying connected.

I have learnt a lot since school, I now know its quite normal to feel nervous and unsure around new people. I now know that its mostly ignorance that stops people engaging with disabled people and whilst I am still to conquer my lack of confidence and shyness in new surroundings, I now realise how important it is to stay connected to and cherish the friends I have.

During the pandemic many people have shown amazing acts of kindness and have reached out to people they know are on their own and may be struggling with loneliness, or who may have been shielding and unable to leave their homes.

My hope is that these acts of kindness will continue long after the pandemic and that people will continue to look out for those who might be experiencing loneliness or isolation. It would be nice to think that more people would feel more comfortable and less apprehensive, about reaching out to communicate with people with disabilities.

After all, we have more in common with each other than we think, we all need our friends and family, we are all vulnerable and all our lives can be challenging, stressful and even overwhelming at times.

Get your news in Get Ahead! Share your regional news, best practice stories, initiatives, resources and success stories with us and contact: getahead@disabilityrightsuk.org



1. Vision Impairment - The journey to adulthood

Disability Rights UK in partnership with the Thomas Pocklington Trust free webinar.

On attending the session you will gain understanding of the latest research and barriers faced by young people with vision impairment when transitioning into post-16 education and employment. You will have the knowledge of where to go to for information, advice and guidance when supporting students during these periods of transition.

When: **January 21st, 2021** Time: **10.00 am – 11.30am**

Register in advance for this webinar [here](#)

2. Improving post -16 outcomes for disabled young people in education, training and employment

Yearly DR UK /DSU free conference for careers and enterprise advisers, job coaches, teachers, employers, family carers and others working with disabled young people.

The coronavirus outbreak is currently causing huge upheaval to everyone's lives, but especially to the lives of disabled people. It is a particularly challenging time for disabled young people seeking education, training and work.

We need to work creatively and collaboratively to ensure that good quality information, tools, resources, and best practice are widely shared, and that the best possible support is provided in order to improve opportunities and outcomes going forward.

This two-day online event aims to:

- Provide information on different post-16 options and relevant resources.
- Share best practice on solutions dealing with barriers disabled young people face and reasonable adjustments in work, training, and education.
- Support employers, careers and enterprise advisers, training providers, teachers, family carers and other stakeholders to make their practice and learning and work environments more inclusive.
- Share initiatives to better engage with disabled young people and increase confidence and motivation.

Register [here](#) for **Thursday 25th February 2021** Time: **10.00 am – 3.30pm**

Register [here](#) for **Friday 26th February 2021** Time: **10.00 am – 12.45pm**

A full agenda will be available shortly!

Calling young voices to forge local change



The Pocklington Trust is piloting Young Voices groups initially in the areas where its **Sight Loss Councils** (SLC) operate. The groups would meet monthly to discuss the issues blind and partially sighted young people face in the region.

Volunteering can be a hugely positive experience for young people and one of the best ways to develop confidence and new skills.

We are looking for volunteers between 14-18 years old who are blind or partially sighted and want to give their time to achieve a positive future.

Get more information [here](#)

Upcoming events and activities for your diaries

February 2021

- February 1- 28 - Raynaud's Awareness Month
- February 4- World Cancer Day
- February 8- 14 National Apprenticeship Week
- February 8- 14 Sign2sing Week
- February 8- International Epilepsy Day
- February 12- Chinese New Year
- February 13- UCAS Virtual Open Day
- February 14- Valentine's Day
- February 16- Pancake Day
- February 19- Care Day
- February 20- Love Your Pet Day

Meet Tyler!

Hi everyone, my name is Tyler and I am starting a virtual work placement with Disability Rights UK as co-editor for the newsletter/magazine.

Tyler's choice of events:

- World Cancer Day! People and families who wish to take part in the 21-day challenge, can find out more by visiting the website.
<https://www.worldcancerday.org/>
- **Have you heard of the politics of disability?**

If you haven't, it is an event which is taking place on **Saturday 6th February 2021 at 19:00 to 20:30.**

The event will be discussing about disability, ableism, and the disability culture.

The event is free of charge and I think it will be a great help for the families of people with disabilities.

All you do to get into the event is email the organiser at mary@upgradeaccessibility.com and ask for the website link.

Free course at Open University



NESTA and the Department for Education have helped fund the “Gamified Intelligent Cyber Aptitude and Skills Training” (GICAST) course.

The course is open to everyone but particularly aimed at people in England, aged 24 to 65, with no degree qualification and currently unemployed or at risk for redundancy due to the pandemic. We are offering this on our free learning platform **OpenLearn**. There is no tuition fee and anyone can enrol and participate even if they are outside this criteria.

Supported Internship opportunities!

The Shaw Trust provides skills, training and employment opportunities for people under 25 years old with an active Education, Health and Care Plan (EHCP) who would like to experience a Supported Internship.

Our Supported Internships are accessible for people with physical, sensory, mild to moderate learning disabilities, autism and/or mental ill health or other barriers that impact on access to work.

We currently have Supported Internship vacancies at the following locations:

Chislehurst, Bromley	- Grounds maintenance, Horticulture
Doncaster	- Factory and fulfilment
Rayners Lane, Harrow	- Grounds maintenance, Horticulture, Retail
Edgware, Harrow	- Grounds maintenance, Horticulture
Billing, Northamptonshire	- Retail Garden Centre
Seaham, Durham	- Retail Garden Centre, Café, Plant nursery
Stafford	- Plant Nursery
Stockton	- Retail Garden Centre, Café, and Plant Nursery
Trowbridge, Wiltshire	- Retail Garden Centre, Café
Upminster, Havering	- Grounds maintenance

For more information, please go to our Website: **[Supported Internships - Shaw Trust](#)**

Interested in a look around to see if you like what we do? Please contact Mel Walls on 07908 639 528 / **mel.walls@shaw-trust.org.uk**

Disability Rights UK online resources

Get Yourself Active: Find ways to get active in your local area in a way that is right for you. Go to our new **Youtube channel**

Online Factsheets:

- **Careers and Work** factsheets
- **Education** factsheets and guides

DR UK student helpline

- Opening hours: 11am-1pm on Tuesdays and Thursdays.
- Telephone: 0330 995 0414
- Email: **students@disabilityrightsuk.org**

Contact us

 Email: Get-ahead@disabilityrightsuk.org

 Twitter: [@GetAheadDRUK](https://twitter.com/GetAheadDRUK)

 Instagram: [@GetAheadDRUK](https://www.instagram.com/GetAheadDRUK)

 Videos: [YouTube](https://www.youtube.com/GetAheadDRUK)

 [Get Ahead webpage](https://www.getahead.org.uk)



[DR UK website](https://www.dr-uk.org)



We like to hear from you!

Give us your feedback and contact:

Get-ahead@disabilityrightsuk.org

For a text-only and large-print version of the Get Ahead newsletter:

email: Getahead@disabilityrightsuk.org

Access the Get Ahead newsletters and magazines on our **[Get Ahead webpage](https://www.getahead.org.uk)**

To receive notifications about the Get Ahead publications please sign up **[here](#)**

Disability Rights UK

We are disabled people leading change, and the voice of young disabled people has to be central to that change.

